



# **AGELESS**



**HEIDI RANDALL, DIRECTOR**

**Aging & Disability Resource Center of Southwest WI--Mauston**

**608-847-9371 or toll free 877-794-2372**

**Website: [www.adrcswwi.org](http://www.adrcswwi.org)**

**March, 2011**

## **NOTES FROM HEIDI NO. 346**

### **Hello Everyone—**

Good morning to all of you. The sun is shining and the thermometer says 37—almost makes me want to dance, as it sure has been a nice change from the -10's and + 10 degree weather we were having! The snow has been melting so spring is really trying to make an appearance. I know that we are still in for more snow but this looks good to me.....

I would like to invite you to attend our caregiver training planned for Thursday, March 24 at Hatch Public Library. Kathy Metzenbauer, Family Living Educator for UW-Extension will be providing a program on helping families have those difficult conversations around long term care, making financial bequeaths, choosing health care agents, and those other topics that are hard to start with your loved ones.

Her program is co-sponsored by the ADRC and UW-Extension as part of our caregiver support program. The program starts at 5 p.m. and will go until 7, and refreshments will be served. A nominal fee of \$5 for materials will be charged. Reservations can be made by calling the ADRC at 847-9371 or UW-Extension at 847-9329. We believe the information will be very helpful in making plans for the future with your loved ones.

We have a new flat screen tv at the ADRC for persons to enjoy. On Tuesday mornings we are having movies and popcorn, so come on down at 10 a.m. to enjoy this new opportunity! If you have any movies you would like to see just let Pat know. Our participants are bringing in some old and new DVD's.

**Until next month, keep warm and think spring~~**

**MENU FOR**  
**Mauston, Necedah, Camp Douglas, New Lisbon and Lyndon Station**  
**847-9371 547-3125 427-3287 562-6592 666-2423**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>February 28</b>	<b>March 1</b>	<b>March 2</b>	<b>March 3</b>
Turkey Noodle Cass Creamed Peas Wheat Roll/Butter Fruit Crisp	<b>Budget Cut Day No Meals Served</b>	Meat Loaf Baked Potato with Sour Cream Carrot Coins Wheat Roll/Butter Pudding	Roast Turkey Mashed Potatoes/Gravy Sweet Potato Casserole Potato Bread/Butter Fruit
<b>March 7</b>	<b>March 8</b>	<b>March 9</b>	<b>March 10</b>
Beef Stew Seasoned Corn Biscuit/Butter Fruit Pudding	Roast Pork Loin Mashed Potato/Gravy Harvard Beets 12 grain Bread/Butter Frosted Marble Cake	<u><b>Ash Wednesday</b></u> Baked Fish with Tartar Sauce Seasoned Peas Tossed Salad with Dressing Potato Bread/Butter Cookie	Italian Meatsauce with Spaghetti Broccoli Cuts Garlic Toast Brownie
<b>March 14</b>	<b>March 15</b>	<b>March 16</b>	<b>March 17</b>
Meat Lasagna Mixed Vegetables Garlic Bread Fruit Frosted Cake	Roast Beef Baked Potato with Sour Cream Creamed Peas Wheat Roll/Butter Fruit	Ground Beef Goulash Green Beans Spring Pea Salad Potato Bread Fruit	Baked Chicken Mashed Potato/Gravy Baked Squash Wheat Bread/Butter Pudding
<b>March 21</b>	<b>March 22</b>	<b>March 23</b>	<b>March 24</b>
Beef Tips Egg Noodles Broccoli Cuts Wheat Bread/Butter Fruit	Turkey ala King Seasoned Corn Biscuit/Butter Brownie	Chicken Wild Rice Casserole Carrots Layered Salad Cornbread/Butter Fruit	Cheeseburger/Bun Baked Beans Peas Mustard, Ketchup Pudding
<b>March 28</b>	<b>March 29</b>	<b>March 30</b>	<b>March 31</b>
Roast Beef Mashed Potato/Gravy Seasoned Corn Potato Bread/Butter Cookie	Swedish Meatballs Seasoned Noodles Buttered Cabbage Wheat Roll/Butter Lemon Bar	Turkey Noodle Cass Creamed Peas Potato Bread/Butter Fruit Crisp	Salisbury Steak/Gravy Oven Brownd Potato Broccoli Cuts Wheat Bread/Butter Fruit

**Congregate Meal (In Center) & Meals on Wheels (Homebound)- \$3.75**  
**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

# WONEWOC MENU

464-7217

<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>March 1</b>	<b>March 2</b>	<b>March 3</b>	<b>March 4</b>
Turkey Noodle Casserole Creamed Peas Wheat Roll/Butter Fruit Crisp	Meat Loaf Baked Potato with Sour Cream Carrot Coins Wheat Roll/Butter Pudding	Roast Turkey Mashed Potatoes & Gravy Sweet Potato Casserole Potato Bread/Butter Fruit	<b>Budget Cut Day No Meals Served</b>
<b>March 8</b>	<b>March 9</b>	<b>March 10</b>	<b>March 11</b>
Roast Pork Loin Mashed Potatoes & Gravy Harvard Beets 12 grain Bread/Butter Frosted Marble Cake	<u><b>Ash Wednesday</b></u> Baked Fish Tartar Sauce Seasoned Fish Tossed Salad with Dressing Potato Bread/Butter Fruit	Italian Meat Sauce with Spaghetti Broccoli Cuts Garlic Toast Brownie	Beef Stew Potato Seasoned Corn Biscuit/Butter Fruit Pudding
<b>March 15</b>	<b>March 16</b>	<b>March 17</b>	<b>March 18</b>
Roast Beef Baked Potato/Sour Cream Creamed Peas Wheat Roll/Butter Fruit	Ground Beef Goulash Green Peas Spring Pea Salad Potato Bread/Butter Fruit	Baked Chicken Mashed Potato/Gravy Baked Squash Wheat Bread/Butter Pudding	Fish/Tartar Sauce Potato Mixed Vegetables Garlic Bread Fruit Frosted Cake
<b>March 22</b>	<b>March 23</b>	<b>March 24</b>	<b>March 25</b>
Turkey ala King Seasoned Corn Biscuit/Butter Brownie	Chicken Wild Rice Casserole Layered Salad Cornbread/Butter Fruit	Cheeseburger/Bun Baked Beans Peas Mustard/Ketchup Pudding	Fish/Tartar Sauce Potatoes Broccoli Cuts Wheat Bread/Butter Fruit
<b>March 29</b>	<b>March 30</b>	<b>March 31</b>	<b>April 1</b>
Swedish Meatballs Seasoned Noodles Buttered Cabbage Wheat Roll/Butter Lemon Bar	Turkey Noodle Casserole Creamed Peas Potato Bread/Butter Fruit Crisp	Salisbury Steak/Gravy Oven Browned Potato Broccoli Cuts Wheat Bread/Butter Fruit	<b>Budget Cut Day No Meals Served</b>

**CONGREGATE MEALS (IN CENTER) & MEALS ON WHEELS (HOMEBOUND)-\$3.75**

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

**ELROY MENU**  
**462-5175**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>February 28</b>	<b>March 1</b>	<b>March 3</b>	<b>March 4</b>
Hot Beef Sandwich Potatoes/Gravy Corn Apple Rings Cake	Baked Chicken Potatoes/Gravy Carrots Cranberries Dinner Roll/ Butter Cake	Meat Loaf Baked Potato/Sour Cream Peas Dinner Roll/Butter Mixed Fruit	Budget Cut Day No meals Served
<b>March 7</b>	<b>March 8</b>	<b>March 10</b>	<b>March 11</b>
Chili Soup/Beans/ Crackers Cheese Slice Fruit Dinner Roll/Butter Pudding/Topping	Baked Ham Scalloped Potatoes Broccoli Tropical Fruit Dinner Roll/Butter Cookie	Hamburger Steak/Onions Potatoes/Gravy Corn Dinner Roll/Butter Cake	Fish Nuggets Tartar Sauce Baked Potato Wedges Coleslaw Dinner Roll/Butter Jello/Fruit
<b>March 14</b>	<b>March 15</b>	<b>March 17</b>	<b>March 18</b>
Ham Boiled Dinner/Veg Cottage Cheese Peaches Dinner Roll/Butter Dessert Bar	Baked Chicken Potatoes/Gravy Green Beans Apple Rings Dinner Roll/Butter Pie	Beef Potatoes/Gravy Boiled Cabbage Green Jello Salad Dinner Roll/Butter Pistachio Pudding	Tuna or Chicken Salad Sandwich Seasoned Noodles Peas & Carrots Pickled Beets Fruit
<b>March 21</b>	<b>March 22</b>	<b>March 24</b>	<b>March 25</b>
BBQ/Bun Parsley Potatoes Baked Beans Fruit Cookie	Pork Roast Potatoes/Gravy Sauerkraut Applesauce Dinner Roll/Butter Brownie	Meatballs/Gravy Potatoes Carrots Apple Rings Dinner Roll/Butter Fruit Crisp	Salmon Patties Potatoes Creamed Peas Dinner Roll/Butter Jello/Fruit
<b>March 28</b>	<b>March 29</b>	<b>March 31</b>	<b>April 1</b>
Creamed Chicken/biscuit Baby Carrots Cranberries Banana Cream Pie	Beef Stew/Vegetables Broccoli Salad Cottage Cheese Dinner Roll/Butter Fruit	Spaghetti/Meatsauce Tossed Salad Mixed Fruit Garlic Bread Cookie or Bar	Budget Cut Day No Meals Today

**CONGREGATE MEALS (IN CENTER) & MEALS ON WHEELS (HOMEBOUND)-\$3.75**  
**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

# Help For Stroke Families

## VA Launches Websites for Caregivers

The onset of stroke is so sudden that family members and friends often unexpectedly become a loved one's caregiver. In addition to their existing home and work responsibilities, new caregivers take on an additional role of serving as a "lifeguard" responsible for the safety and well being of the survivor.

Most people don't have basic knowledge about stroke and the recovery process, how to care for a stroke patient, or how to prevent another stroke. Nor are they likely to know how to avoid or reduce the stress and challenges that come with the caregiving. Like a lifeguard, caregivers need knowledge, training and tools to protect their own life while preserving the life of their loved ones.

To support family caregivers, of veterans, Veteran Affairs researcher Constance Uphold, Ph.D. and her team created the "Resources and Education for Stroke Caregivers"

"Understanding and Empowerment" (RESCUE) website ([rorc.research.va.gov/rescue](http://rorc.research.va.gov/rescue)).

Because the "rescuer" (caregiver) may be overwhelmed and feel like the one who needs to be rescued, this site serves as a lifeline to help caregivers "keep their heads above water" and guide them to solid ground. The RESCUE site includes 44 fact sheets organized into 9 categories. General Stroke Information, Keeping Your Loved One Healthy, Helping Your Loved One Become More Independent, Caring For Someone With Physical Needs, Caring For Someone With Emotional And Behavioral Needs, Understanding How Caring For a Loved One Affects You, Finding Community Resources and Managing Financial and Legal Issues.

The fact sheets are easy to read, user friendly and available in a printer friendly, downloadable PDF version. The website and fact sheets are also available in Spanish. You can also find links to the fact sheets through the Caregiver Assistance Healthy Living Center on My HealtheVet. ([myhealth.va.gov](http://myhealth.va.gov))

## KNOW THE WARNING SIGNS OF STROKE

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause

**IF YOU EXPERIENCE SOME OR ALL OF THESE WARNING SIGNS, DON'T WAIT..... CALL 9-1-1 RIGHT AWAY!!**

# FOOD SCRAPS

## NATIONAL NUTRITION MONTH- 2011

March is National Nutrition Month® as always, and this year's theme is **eat right WITH COLOR**. This may mean different things to different people, but the overall message is that everyone should eat a wide variety of foods. We all need to make sure we eat a variety of foods, and this includes many different colors.. For example, bright red strawberries and deep green leafy vegetables like spinach and leaf lettuce. Conventional wisdom, dictates that the brighter or more robust the color, the more nutrients the food has. Therefore, ensuring a wide variety of brightly and deeply colored foods daily will help meet vitamin and mineral needs. The American Dietetic Association sponsors National Nutrition Month® (NNM), and they have shared some ideas on how eating right with color can be incorporated into your daily routine. At work, organize a "healthy recipe" contest among employees. Award NNM t-shirts, mugs or other items as prizes. Or decorate the cafeteria or dining center with NNM materials. Have a contest and give healthy prizes to those who can tell this year's NNM theme. Use "Eating The Rainbow" as a theme and provide examples of colorful fruits and vegetables that are yellow, orange, red, green, blue and purple. Let National Nutrition Month® invade your home and your work so you keep eating a wide variety of foods daily.

[www.eatright.org/nnm](http://www.eatright.org/nnm) is your link to National Nutrition Month. There you will find materials activities and many helpful hints. See a registered dietitian if you think you are deficient in a vitamin or a mineral. And visit [www.eatright.org](http://www.eatright.org) or [www.nutrition.gov](http://www.nutrition.gov). The 4<sup>th</sup> annual Registered Dietitian Day will be celebrated on Wednesday, March 9, 2011. The National Nutrition Month campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. "Nothing would be more tiresome than eating and drinking if God had not made them a pleasure as well as a necessity." – Voltaire

## MARCH BIRTHDAYS

**March 2-** Palmer Peterson  
**March 6-** Anna McGowan  
**March 10-** Gloria Kramer  
**March 16-** Bill Miller  
**March 24-** John Soltvedt  
**March 26-** Betty Munson  
**March 31-** Roberta Monty

**March 5-** Alfred (Fred) Brown  
**March 9-** Kari Preuss  
**March 10-** Leo Stickney  
**March 22-** Walter Nierzwicki  
**March 25-** Tom Brounacker  
**March 26-** George Gould

## Tip of the Month

**From:** American Parkinson Disease Association (<mailto:apda@apdaparkinson.org>)

**Subject:** February's Tip of the Month from American Parkinson Disease Association

American Parkinson Disease Association, Inc

A healthy tip of the month from A. P. D. A.!

Independent mobility can be empowering for someone living with Parkinson's disease. Efforts toward that goal can begin with small Steps but ultimately, they can mean a lot for a person who has made These strides.

Here are some key exercises and mobility tips that can help one feel strong and independent.

**When you want to turn, walk into your turn.** Walk around in a semicircle with your feet apart; don't pivot on one foot by crossing your leg.

**Try marking your floors with a grid.** Mark a grid of 18" square of colored electrical tape. Some people with PD find that it is easier to walk in the squares of tile flooring.

**Before you start walking, count down.** Count down from the number 5 to the number 1 and on 1 begin walking.

**Take a cane to help stabilize your walking when visiting unfamiliar places.** Usually, people will try to be more careful not to bump into you when they see a cane.

- Tips courtesy of *Parkinson's Disease: 300 Tips for Making Life easier*.

Do you have a tip that you would like to share with us?

## QUESTIONS & ANSWERS ABOUT MEDICARE SAVINGS PROGRAM

### **Extra Help paying for Prescription Drug Plan Costs, Wis. Senior Care**

You have to admit, Medicare is not the simplest program to understand. But there are good reasons to learn all you can about its benefits, especially if it means extra money in your pockets! There are 2 areas that we would like to address today. The Medicare Savings Program and Extra Help for Medicare Part D are 2 programs that are under utilized in Juneau County. We are looking for the people who qualify for these money-saving programs. Read these frequently asked questions and answers to see if you are one of them!

**What are Medicare Savings Programs?** Medicare Savings Programs assist Medicare eligible individuals with limited incomes and assets to pay for some or all of Medicare's premiums.

**What do Medicare Savings Programs help pay for?** Depending on your income and assets, they will pay for the Part B premium and possibly Part A and B deductibles and co-payments.

**What is the Medicare Part B premium? I do not recall paying for Part B?** Everyone on Medicare has a Part B premium automatically deducted from their Social Security checks each month. The amount deducted is \$96.40-\$115. per month.

**How low does my income have to be to be eligible for the Medicare Savings**

**Program?** Individuals with incomes up to \$1,225 per month or couples with a combined income up to \$1,655 per month.

**What all do they consider as income? Do they only count my income from Social**

**Security?** All of your income is counted including Social Security, pensions, annuities, veteran's benefits, rental income, etc. Also, you must include the \$96.40-\$115.40 that is automatically withdrawn from your social security check to pay for Medicare Part B as part of your income.

**What are the asset guidelines to be eligible for the program?** Individuals must have assets or resources less than \$6,680 and couples must have assets below \$10,020.

**What exactly qualifies as an asset?** Your assets include money in checking accounts, saving accounts, CD's, stocks, bonds, mutual funds, IRA's, investments, cash, etc and any real estate other than your home.

**Does my house or car count as an asset?** The house you are living in and your car are not counted as assets.

**What is "Extra Help" for Part D?** Extra Help—formerly known as Low Income Subsidy (LIS) – is a program that helps people with limited income and assets pay for the premiums, deductibles and co-pays for their Medicare Part D prescription drug program. Like the Medicare Savings Programs it looks at peoples' incomes and assets to determine how much help you can get.

**How much income can I have and still qualify for Extra Help?** Your income can be up to \$1,361/ month for an individual or \$1,831/month for couples.

**How many assets can I have and still be eligible for Extra Help?** Individuals can have up to \$12,640 and couples can have up to \$25,260.

**If I don't qualify for Extra Help can I still get Part D drug coverage?** Yes! Your denial of Extra Help does not effect your eligibility for a Part D plan.

**If my income is low enough but I have too many assets, is there anything I might qualify for?** Yes! Senior Care is a low cost prescription drug program that considers only your income and not your assets. You may want to check out this program if you have too many assets for Extra Help but have a smaller income.

**I think I meet the qualifications! How do I apply for the program?** Contact Norma/Cathy (608-847-9371) at the Aging and Disability Resource Center (ADRC) of Southwest Wisconsin, Mauston, for more information about these programs. They will guide you through the application process.

**It looks like I have just a little too much income and assets. Does it pay to look into this further?** YES! For example, an additional \$1500 per person set aside for burial costs may be excluded in some cases. Call Norma/Cathy at the Aging and Disability Resource Center of Southwest Wisconsin, Mauston, 608-847-9371 with specific questions or to make an appointment.

**My club, group, civic organization, etc. is interested in receiving more information about these programs. How do we get more information?** Call Norma/Cathy

regarding a presentation about these programs. The more people we can reach with this information, the better!

**For More Information about Medicare Savings Programs, Extra Help for Medicare Part D or Wisconsin Senior Care, Call Norma/Cathy at 608-847-9371. AGING AND DISABILITY RESOURCE CENTER of SOUTHWEST WISCONSIN, MAUSTON, WISCONSIN  
220 E. LACROSSE STREET ANNEX**

Thanks to Jane Mahoney, MIPPA Outreach Coordinator, ADRC of Chippewa County who provided this publication for shared distribution!

## **SPOTLIGHT ON SOCIAL SECURITY MARCH, 2011**

### **Getting a Replacement SSA-1099 is easy**

**Distributed by Ken Hess, Social Security Public Affairs Specialist for Wisconsin**

Millions of taxpayers are busy gathering all forms and documents they need to file their Federal, State and local tax returns. If you receive Social Security Benefits, one of these items may be your SSA-1099 from Social Security.

Some people who receive Social Security may have to pay taxes on a portion of their benefits. If you're one of these individuals, a Social Security Benefit Statement (Form SSA-1099) is an important tax document for you to have.

Social Security mailed the SSA-1099s for tax year 2010 to all beneficiaries in January. If you receive Social Security and need a replacement SSA-1099 for 2010 in order to file a tax return, you can request it on line at [www.socialsecurity.gov/i1099](http://www.socialsecurity.gov/i1099).

The SSA-1099 shows the total amount of benefits received in the previous year and is used to find out if any Social Security benefits are subject to tax. Federal tax laws about Social Security benefits provide that:

- Up to 50% of Social Security benefits may be subject to Federal Income tax for individuals with a combined income between \$25,000 and \$34,000 or for couples with a combined income between \$32,000 and \$44,000. (Note: "Combined Income" means adjusted gross income, plus nontaxable interest, plus ½ of Social Security benefits.)

For more information on taxation of Social Security benefits, visit the IRS website at [www.irs.gov](http://www.irs.gov). To request a replacement SSA-1099 visit [www.socialsecurity.gov/i1099](http://www.socialsecurity.gov/i1099).

## MARCH 2011 SCHEDULE

**March is Nutrition Month!**

**Join us at a Senior Dining Site**

**Will March come in like a lion or a lamb??**

**Wednesday, March 2-** April Martell, UW-Extension Program Coordinator will give program at Adult Center at 11:30 a.m.

**Tuesday, March 8-** April Martell will give program at Grace Lutheran Church, Elroy at 11:30 a.m.

**Wednesday, March 9-** Ash Wednesday, April Martell will give program at Beagles Bar & Grill, Lyndon Station at 11 a.m.

**Sunday, March 13-** Daylight Savings Time begins.

**Monday, March 14-** Alzheimer's Support Group/Caregiver's Coalition meets in ADRC at 1:30 p.m.

**Thursday, March 17-** Happy St. Patrick's Day! April Martell will give program at Necedah Village Hall at 11:30 a.m.

**Friday, March 18-** April Martell will give program at Bernie's Wagon Wheel II in Wonewoc at 11:30 a.m.

**Sunday, March 20-** Spring Begins.

**Tuesday, March 22-** April Martell will give program at Camp Douglas Village Hall at 11:05 a.m. and in New Lisbon Mealsite at noon.

**Thursday, March 24-** Caregiver Training at Hatch Public Library from 5-7 p.m. Refreshments served. Co-Sponsored by the ADRC and UW-Extension. Kathy Metzenbauer UW-Extension Family Living Educator will speak on having difficult family conversations on financial planning and health decisions.

## MILE BLUFF MEDICAL CENTER DATES

**Kathryn Bakke Concert-** *For more information & to reserve your spot, Call 608-847-2377.* Join the tenants of Terrace Heights Retirement Community for an afternoon of entertainment as nationally-recognized entertainer, Kathryn Bakke, performs a show entitled "Laugh with the Irish—a celebration of Ireland." On **Thursday, March 10, at 1:30 p.m., Terrace Heights Retirement Community in Mauston, WI.**

**Shari Sarazin Concert-** *For more information and to reserve your spot, call 608-847-2377.* Join the Terrace Heights Retirement Community for an afternoon of entertainment as Shari Sarazin spreads some Irish cheer by singing and playing songs on her celtic harp. On Tuesday, March 15 at 2 p.m. in Terrace Heights Retirement Community in Mauston.

**Community Blood Drive-** *For information and to register, call the Blood Center of Wisconsin at 888-310-7555.* on Tuesday, March 15, 9 a.m.-2 p.m. at Mile Bluff Medical Center.

**Health Fair-** Tuesday, March 17, from 7-11 a.m. at Delton Family Medical Center, call 608-254-5888. FREE heart disease and diabetes risk assessments. FREE blood sugar and Blood pressure screenings. FREE hearing tests (8-11 a.m.) Total Cholesterol tests (no

fasting) for \$10 or Lipid profile tests (12 hour fasting) for \$20. Refreshments and door prizes.

**Diabete's Presentation and Fair-** Thursday, March 17, in Mile Bluff Medical Center. *For more information and to register call 608-847-1845.* Attend the "Diabetes 101: the basics" presentation, followed by a diabetes fair that includes blood pressure checks, refreshments and door prizes and feature booths on nutrition, glucose monitor, Insulin and exercise. You will also get to meet Mile Bluff's new diabete's educator, Karen Differt, RN.

**Conquer Your Depression Seminar-** *For more information, call 608-847-1285.*

This program is open to individuals living with depression. Topics covered include: defining depression, myths about it and how to challenge those myths, the purpose of depression, the value of counseling and myths about it and medication, how to recognize a depressive episode is coming and what you do to prevent it and more! On Tuesday, March 24, 7 p.m. at Mile Bluff Medical Center in Mauston, WI.

**Smart Balance: Weight Management & Nutrition Classes-** *Call 608-847-1297 to register.* Classes will begin in April with enough participant interest. This is a comprehensive program that emphasizes a balanced life style for long-term success.

**Family & Friends Connection- Tuesday, March 8, 2-3 p.m. at Fair View Nursing Home, Mauston.** Topic- Understanding estate planning. *For more information, call 608-847-1838.* For family and friends of nursing home resident.

**Grief Support Group-** Tuesday, March 17 & 31, 7-8 p.m. Mile Bluff Medical Center in Mauston. This group offers support services to families and individuals who are coping with the death of a loved one.

**AA Group-** *For more information, call 608-847-6878 or Call the AA Hotline at 608-222-8989.* Meetings take place at Mile Bluff Medical Center in Mauston and are closed with no smoking. Sundays, at 6 p.m. and Mondays at 7:30 p.m.

**AL-ANON Group-** *For more information call 608-562-5611.* Meets Mondays 7:30 p.m. at Mile Bluff Medical Center, Mauston

**Gambling Anonymous-** *For more information call Arlene at 847-6893.* Meets Tuesdays, 10:30 a.m. at Bethany Lutheran Church, 701 Grove Street, Mauston.

**Narcotics Anonymous Group-** *If interested in group meetings or NA Resources call Dennis at 608-562-6223 or 547-2533.*

**Parkinson's Support Group-** *If interested in group meetings, call Arlene at 608-847-6893*

**Outpatient Counseling-***For more information, call 847-1838.* Group and individual counseling services are available in Mauston and Lake Delton.

**Healthy Family Fun Run/Walk-** *Call 847-2737 or visit [www.milebluff.com](http://www.milebluff.com) for information and to register.* Delton Family Medical Center will hold its 5<sup>th</sup> Annual 5k Fun Run/Walk to promote healthy families. It will be held on Saturday, May 7. The event includes a free half-mile kids run/walk at 9:30 a.m. Entry fee is \$10 per person for the 5k, Mayce if you register prior to May 1, it will be \$!5 per person if you register after May 1. Children in strollers and dogs on leases are also welcome!

**4<sup>th</sup> Annual Women's Night Out**—*For information about sponsorship and exhibiting, call 847-1496. Learn about this year's speaker by visiting [www.kinza.net](http://www.kinza.net). Tickets will go on sale this summer. Watch [www.milebluff.com](http://www.milebluff.com) for more details as they become available. It will be held on Thursday, Oct. 6, from 4:30-9 p.m. in Mauston High School.*

**Sharing Supper- March 31-** In Moose Family Center, Mauston, Served from 5 – 6:30 p.m. For more information or to volunteer Call Margie Strouse at 608-751-7515.

## ST. PATRICK'S DAY WORD SEARCH

M	H	A	S	D	E	M	I	S	S	I	O	N	A	R	Y	A	Q	W	S
F	A	I	T	E	E	R	E	A	E	J	K	M	N	L	O	I	U	V	I
R	S	R	A	S	E	R	G	T	V	H	T	Y	U	K	J	K	A	S	R
D	E	E	C	A	S	E	R	E	E	J	N	K	E	L	Q	W	S	A	I
N	H	L	J	H	K	G	O	L	N	H	T	E	R	U	G	R	T	E	S
A	S	A	F	E	R	W	R	H	T	T	Y	N	U	C	A	S	W	E	H
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O	A	E	S	R	A	S	E	A	W	S	A	S	E	S	L	K	L	M	K
T	A	W	H	T	V	L	E	R	H	A	S	E	W	O	N	M	J	K	C
O	A	S	A	A	E	W	E	R	C	N	M	L	H	K	L	T	Y	I	I
P	U	V	M	B	E	R	D	A	N	F	D	G	H	T	Y	M	L	K	R
H	T	Y	R	J	U	K	S	A	I	E	S	A	I	N	T	A	S	D	T
F	G	A	O	A	S	E	R	S	P	H	A	S	D	E	R	A	S	E	A
H	T	E	C	A	S	D	E	R	G	H	N	J	K	L	M	J	I	K	P
E	A	S	K	E	R	F	G	T	H	Y	T	H	U	K	L	I	K	N	T
A	S	D	E	R	A	R	A	I	N	B	O	W	H	T	Y	I	O	P	S

St. Patrick's Day	March	Ireland	Seventeenth
Missionary	Green	Holiday	Celebrate
Shamrock	Luck	Rainbow	Pinch
Pot of Gold	Saint	Trinity	Irish